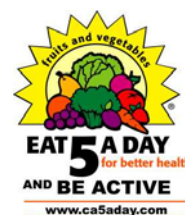
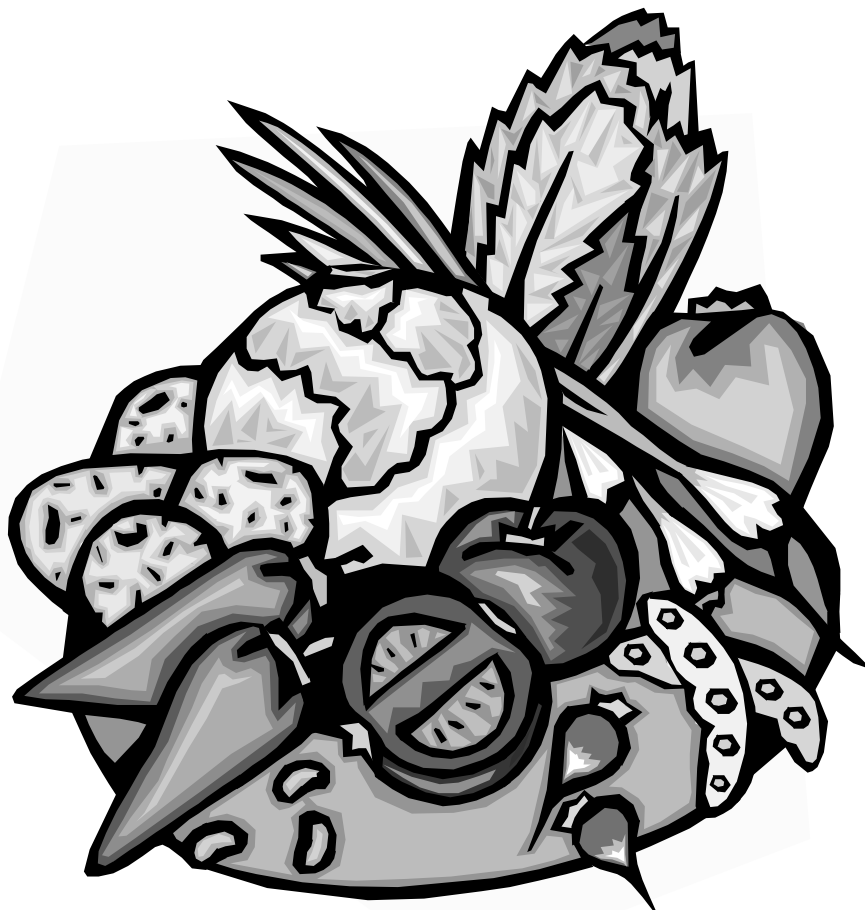


Easy Low Cost Meals



Introduction

This menu was designed to meet the nutritional needs of a family of four with two adults ages twenty to fifty and two children ages seven and ten who are on a limited budget. The cost of this menu according to food prices in August of 2001 is \$122.67 total per week or \$4.38 per person per day.

We hope that this menu with easy to prepare meals will make menu planning simple for your family. The menu can be used whole or you can select specific meals and recipes your family will like. We hope you will enjoy the recipes provided.

Easy Low Cost Meals

B
R
E
A
K
F
A
S
T

L
U
N
C
H

D
I
N
N
E
R

S
N
A
C
K

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 C Toasted Oats Cereal 2 Sl Whole Wheat Toast 2 tsp Margarine 1 Medium Banana 1 C 1% Milk	2 Each *Pancakes 2 T Maple Syrup 2 tsp Margarine ½ C Applesauce 1 C 1% Milk	¼ Sl ♦Easy Omelet ⁷ 2 T Salsa 2 Each Corn Tortillas 1 T Margarine 1 Medium Sliced Orange 1 C 1% Milk	2 Sl ♦French Toast ¹⁰ 1 T Peanut Butter 2 T Maple Syrup 2 tsp Margarine ½ C Applesauce 1 C 1% Milk	1 C Toasted Oats Cereal 2 Sl Whole Wheat Toast 2 tsp Margarine 1 Medium Banana 1 C 1% Milk	2 oz. ♦Scrambled Eggs ¹⁷ 2 Sl Whole Wheat Toast 2 tsp Margarine 1 Medium Sliced Orange 1 C 1% Milk	1 C *Oatmeal 1 T Brown Sugar 2 Sl Whole Wheat Toast 1 T Peanut Butter ½ C Canned Peaches 1 C 1% Milk
1 Each ♦Tuna Salad Sandwich, 3 oz Tuna, 2 tsp Mayonnaise, Whole Wheat Bread ¹ ½ C ♦Cucumber Salad ² ½ C Canned Fruit Cocktail 1 C 1% Milk	2 Sl ♦Quick & Easy Pizza ⁴ 1 C ♦Spinach Salad ⁵ 1 T Italian Dressing ½ C Canned Pineapple Chunks 1 C 1% Milk	1 Each ♦Grilled Cheese Sandwich, Whole Wheat Bread ⁸ 4 Each Carrot and Celery Sticks, 1 T Peanut Butter ½ C Canned Fruit Cocktail 1 C 1% Milk	1 C ♦Vegetable Barley Soup ¹¹ 1 Each *3 oz. Fish Patty, Hamburger Bun, 1 oz. Cheese, 1 T Mayonnaise ½ C ♦Coleslaw ¹² 1 Medium Banana 1 C 1% Milk	2 Each ♦Meat Tacos ¹³ 2T Salsa ¾ C ♦Spanish Rice ¹⁴ ¾ C ♦Homemade Refried Pinto Beans ¹⁵ ½ C Corn 1 C 1% Milk	1C ♦MacCheese Fiesta ¹⁸ ½ C ♦Broccoli ¹⁹ 1 Sl Whole Wheat Bread 1 tsp Margarine 1 Medium Banana 1 C 1% Milk	1 Each Turkey Sandwich, 3 oz. Turkey, 1T Mayonnaise, Whole Wheat Bread ½ C ♦Carrot Raisin Salad ²³ 1 Medium Sliced Apple 1 C 1% Milk
1C ♦Southwestern Turkey and Noodles ³ 1 Sl Whole Wheat Bread 1 tsp Margarine ½ C Mixed Vegetables 1 Medium Sliced Apple 1C 1% Milk	1 ½ C ♦Tasty Four Can Chili ⁶ ½ C Green Beans 2 Each *Corn Meal Muffin 2 tsp Margarine ½ C Canned Pears 1 C 1% Milk	3 oz ♦Quick & Easy Meat Loaf ⁹ ¾ C *Rice ½ C Mixed Vegetables 1 Medium Sliced Apple 1 Sl Whole Wheat Bread 1 tsp Margarine 1 C 1% Milk	4 oz. *Hot Sliced Turkey with Gravy ½ C *Mashed Potatoes ½ C Peas and Carrots 1 Sl Whole Wheat Bread 1 tsp Margarine ½ C Canned Peaches 1 C 1% Milk	¾ C ♦Garlic Chicken & Vegetables ¹⁶ 1 C Rice ½ C Canned Pineapple Chunks 1 Sl Whole Wheat Bread 1 tsp Margarine 1 C 1% Milk	1C ♦Spaghetti with Meat Sauce ²⁰ ½ C ♦Italian Zucchini ²¹ 1 Sl ♦Whole Wheat Garlic Bread ²² ½ C Canned Pears 1 C 1% Milk	2 Each ♦Bean and Potato Burrito ²⁴ 1 C ♦Spinach Salad ⁵ 1 T Italian Dressing 1 Medium Sliced Orange 1 C 1% Milk
2 Each Whole Graham Crackers 1 T Peanut Butter ¾ C Apple Juice	½ C Canned Peaches ½ C Vanilla Pudding	2 Each Whole Graham Crackers 1 T Peanut Butter ¾ C Apple Juice	½ C Canned Pears ½ C Chocolate Pudding	1 Medium Sliced Apple 1 T Peanut Butter	2 Each Whole Graham Cracker ¾ C Apple Juice	8 Each Celery Sticks 2 T Peanut Butter ½ C Vanilla Pudding

* Follow directions on package

♦ Recipes available for these items, recipe number identified

Food Processor 7.7 was used for the nutrient and cost analysis

Developed by San Bernardino County Department of Public Health Nutrition Program (909) 387-6320



(1) Tuna Salad Sandwich

Yield: 4 (1 sandwich per serving)

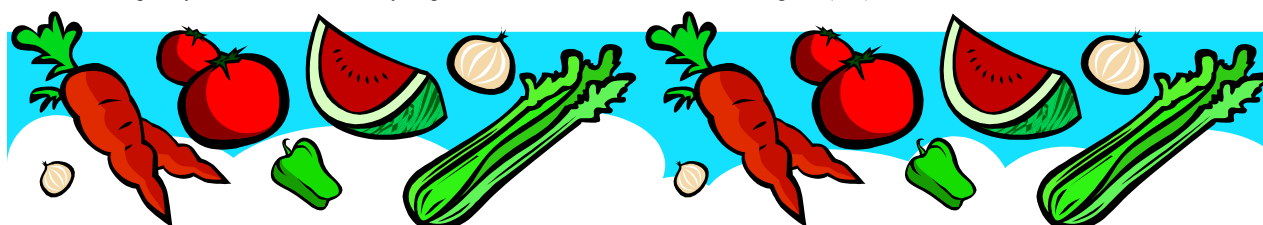
Preparation time: 15 minutes

Ingredients	Amount	Directions
Tuna in water	12 ounce can	Drain water from tuna and place in a medium size bowl.
Non-fat Mayonnaise	1/3 cup + 2 1/2 tablespoons	Add 1/3 cup non-fat mayonnaise, pepper, (onion and pickle if desired) to drained tuna and mix well. Spread 1 teaspoon of mayonnaise on each slice of whole wheat bread. Add 3 ounces of tuna and 1 slice each of lettuce and tomato to one slice of whole wheat bread. Top with the other slice of bread. Repeat steps 3 and 4 to prepare the remaining sandwiches. Cut sandwiches in half and serve.
Black pepper		
Onion, chopped (optional)	1/4 teaspoon 1 tablespoon	
Pickles, chopped (optional)	2 tablespoons	
Whole wheat bread		
Lettuce (optional)	8 slices	
Tomato (optional)	4 leaves 4 slices	

NUTRITION FACTS PER SERVING:

Calories:	259	Carbohydrates:	30 grams
Total Fat:	4 grams	Protein:	27 grams
Saturated Fat:	1 grams	Vitamin A:	21 RE
% Calories From Fat:	13%	Vitamin C:	0 milligrams
Iron:	3 milligrams	Calcium:	52 milligrams

(All values were rounded to the nearest whole number)





(2) Cucumber Salad

Yield: 4 (½ cup per serving)

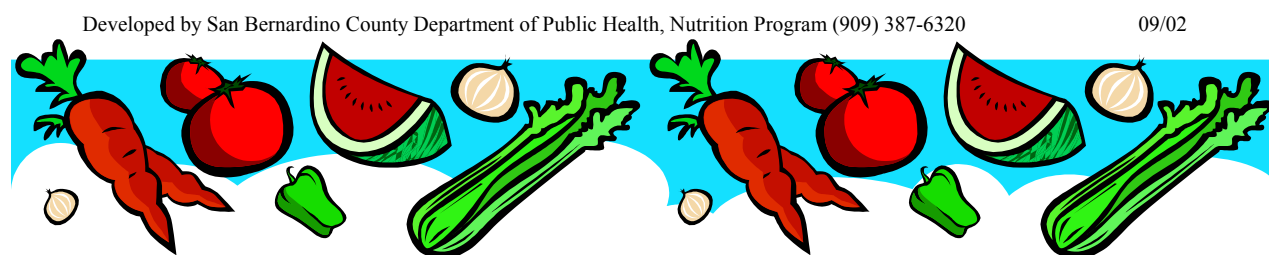
Preparation time: 5 minutes

Ingredients	Amount	Directions
Cucumbers	2 medium	Peel cucumbers. Slice and place in a medium size bowl.
Italian dressing	4 tablespoons	Add 4 tablespoons of dressing to cucumbers. Mix well and serve.

NUTRITION FACTS PER SERVING:

Calories:	80	Carbohydrates:	6 grams
Total Fat:	6 grams	Protein:	1 gram
Saturated Fat:	1 gram	Vitamin A:	32 RE
% Calories From Fat:	68%	Vitamin C:	8 milligrams
Iron:	0 milligrams	Calcium:	21 milligrams

(All values were rounded to the nearest whole number)





(3) Southwestern Turkey & Noodles

Yield: 4 (1 cup per serving)

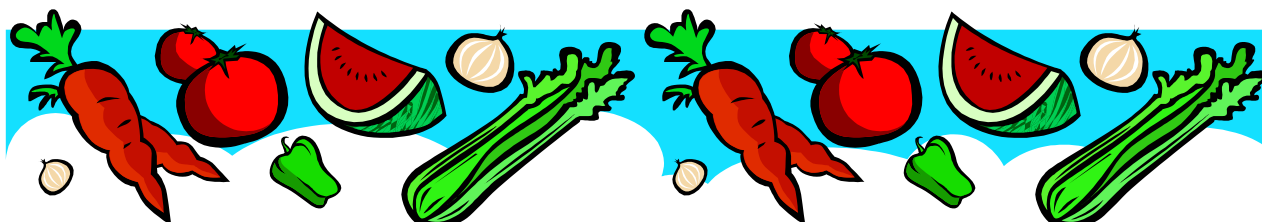
Preparation time: 30 minutes

Ingredients	Amount	Directions
Ground turkey, lean (8-10% fat)	1 pound	Place ground turkey in a large saucepan or pot. Chop onion and garlic and add to ground turkey. Cook ground turkey until browned, about 5 minutes. Stir often.
Onion, raw, chopped (or onion, dried, chopped)	1/2 onion (or 1 tablespoon dried)	
Garlic, minced or chopped	1 clove	
Tomato sauce + 2 cans water	15 ounce can	Add tomato sauce, water, salsa, catsup, and black pepper to ground turkey. Mix well. Cover and bring to a boil.
Salsa	1/2 cup	
Catsup	1/2 cup	
Black pepper	3/4 teaspoon	
Egg noodles, medium size	12 ounce package	Add egg noodles, corn, peas, (vinegar and brown sugar if desired). Mix well. Reduce heat. Simmer uncovered for 15 minutes until noodles are soft and liquid is absorbed. Stir occasionally.
Corn, canned	1 cup	
Green peas, frozen	1 cup	
Vinegar (optional)	1 tablespoon	
Brown sugar (optional)	1 tablespoon	
Mozzarella cheese, part-skim, shredded	1/2 cup	Remove pan from heat. Shred cheese and sprinkle over noodles and meat. Replace lid and wait until cheese melts before serving.

NUTRITION FACTS PER SERVING:

Calories:	452	Carbohydrates:	63 grams
Total Fat:	11 grams	Protein:	27 grams
Saturated Fat:	3 grams	Vitamin A:	148 RE
% Calories From Fat:	21%	Vitamin C:	19 milligrams
Iron:	5 milligrams	Calcium:	120 milligrams

(All values were rounded to the nearest whole number)





(4) Quick & Easy Pizza

Yield: 8 slices (2 slices per serving)

Preparation Time: 30 minutes

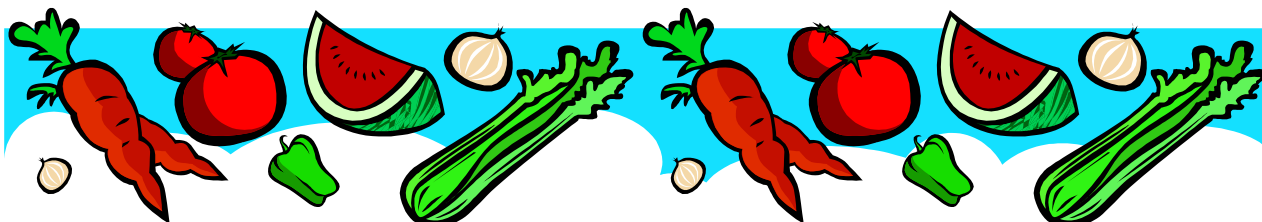
Cook Time: 18 minutes

Ingredients	Amount	Directions
Refrigerated pizza crust dough Cooking spray	1 can	Preheat oven as instructed on the pizza dough container. Spray a cookie sheet with a light coat of cooking spray. Roll out pizza dough according to package directions. Turn up edges of dough to form a crust.
Green bell pepper, chopped	1/2 cup	Wash, remove stem and seeds, and chop pepper. Set pepper aside.
Onion, raw, chopped	1/2 cup	Wash, peel, and chop onion. In a frying pan, place onion, lean ground turkey, black pepper, and garlic powder and mix well. Cook on medium heat, stirring frequently, until onions are golden brown and turkey is well done. Drain ground turkey mixture and set aside.
Lean ground turkey (8-10% fat)	1/2 pound	
Black pepper	1/4 teaspoon	
Garlic powder	1/4 teaspoon	
Tomato sauce, canned	1 1/2 cups	Place tomato sauce and oregano or Italian seasoning in a small saucepan and mix well. Bring to a boil, then reduce heat to low-simmer for 5 minutes, stirring occasionally. Remove sauce from heat and spread sauce close to the edges of pizza crust dough.
Oregano crushed or Italian seasoning	1 teaspoon	
Mozzarella cheese, shredded	4 ounces (or 1 cup shredded)	Shred the mozzarella cheese. Lightly sprinkle cheese on top of the sauce. Then sprinkle ground turkey mixture, and green pepper on top of the cheese. Bake for 15-18 minutes at the required temperature on the pizza dough container (or until crust is golden brown). Cooking time may vary depending on the type of oven. Cut into 8 slices and serve.

NUTRITION FACTS PER SERVING:

Calories:	382	Carbohydrates:	42 grams
Total Fat:	13 grams	Protein:	25 grams
Saturated Fat:	4 grams	Vitamin A:	123 RE
% Calories From Fat:	29%	Vitamin C:	26 milligrams
Iron:	5 milligrams	Calcium:	173 milligrams

(All values were rounded to the nearest whole number)





(5) Spinach Salad

Yield: 4 (1 cup per serving)

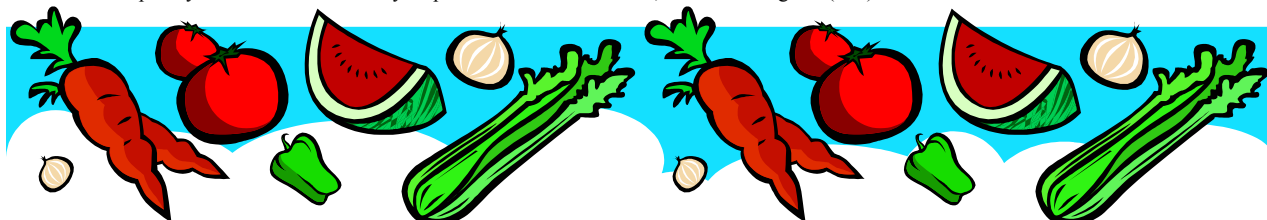
Preparation time: 10 minutes

Ingredients	Amount	Directions
Spinach, raw	2 cups	Wash spinach thoroughly in cold water to remove dirt. Tear spinach leaves into pieces and place in a medium size bowl.
Italian dressing	4 tablespoons	Add Italian dressing (tomatoes and onions if desired) to spinach.
Tomatoes, fresh, chopped (optional)	1/2 cup	Lightly toss and serve.
Onions, raw chopped (optional)	1/4 cup	

NUTRITION FACTS PER SERVING:

Calories:	63 grams	Carbohydrates:	2 grams
Total Fat:	6 grams	Protein:	0 grams
Saturated Fat:	1 gram	Vitamin A	101 RE
% Calories From Fat:	85%	Vitamin C:	4 milligrams
Iron:	0 milligrams	Calcium:	15 milligrams

(All values were rounded to the nearest whole number)





(6)Tasty Four Can Chili

Yield: 4 (1 ½ cups per serving)

Preparation time: 20 minutes

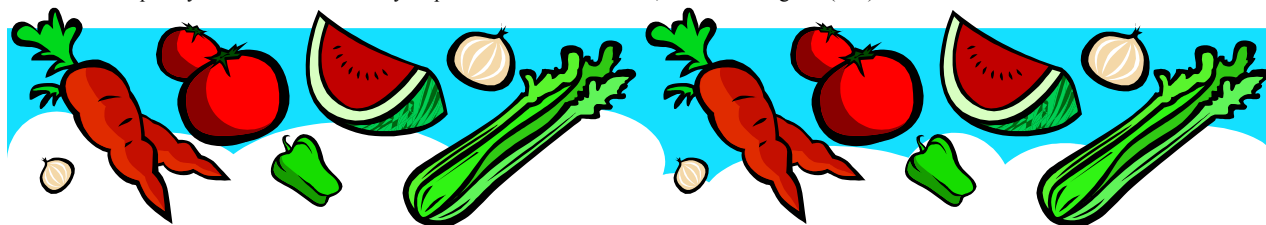
Ingredients	Amount	Directions
Pinto or black beans, canned	15 ounce (1 can)	Empty un-drained beans and diced tomatoes into a 2-quart sauce pan or medium size skillet. Drain corn and add to pan. Add chili powder, onion, black pepper, and garlic powder and mix. Bring to a boil, reduce heat and simmer uncovered for 15 minutes.
Kidney beans, canned	15 ounce (1 can)	
Diced tomatoes, canned	15 ounce (1 can)	
Corn, canned	1 cup	
Chili powder	1 teaspoon	
Onion, dried, chopped	1 teaspoon	
Black pepper	1/4 teaspoon	
Garlic powder	1/4 teaspoon	

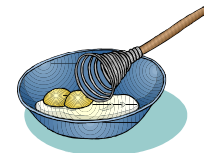
NUTRITION FACTS PER SERVING:

Calories:	225	Carbohydrates:	39 grams
Total Fat:	1 gram	Protein:	11 grams
Saturated Fat:	0 grams	Vitamin A:	64 RE
% Calories From Fat:	4%	Vitamin C:	9 milligrams
Iron:	4 milligrams	Calcium:	70 milligrams

(All values were rounded to the nearest whole number)

Recipe adapted from the University of California Cooperative Extension, Contra Costa County, California.





(7) Easy Omelet with Salsa

Yield: 4 (1/4 slice per serving)

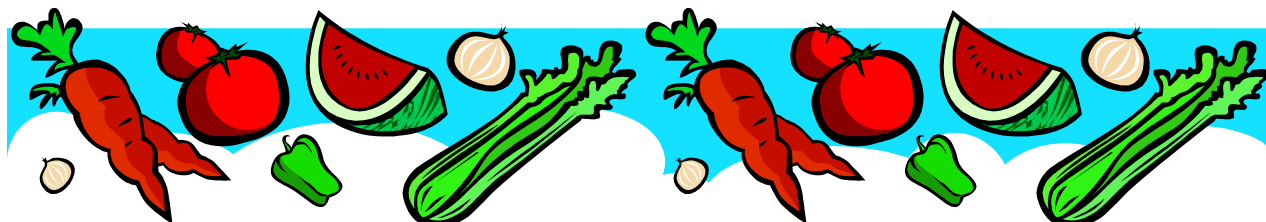
Preparation time: 25 minutes

Ingredients	Amount	Directions
Green bell pepper, chopped	1/2 medium	Wash and remove seeds from bell pepper. Chop bell pepper, onion, and tomato. Set aside.
Onion, raw, chopped	1/2 cup	
Tomato, fresh, chopped	1 medium	
Canola oil	2 tablespoons	Heat oil in a non-stick, medium size skillet over medium heat. Add green peppers, onions, and tomato to skillet and cook for about 5 minutes. Stir occasionally.
Eggs	6 medium	While vegetables are cooking, beat eggs, milk and black pepper in a medium size bowl. Pour eggs over vegetables and reduce heat to low. Cover and cook for 7-9 minutes or until eggs are cooked.
1% Milk	2 tablespoons	
Black pepper	1/8 teaspoon	
Cheddar cheese, shredded	1/2 cup	Shred cheese. Remove omelet from heat and sprinkle with cheese. Cover and wait until cheese melts. Top with salsa and cut into 4 slices. Serve.
Salsa	1/2 cup	

NUTRITION FACTS PER SERVING:

Calories:	247	Carbohydrates:	8 grams
Total Fat:	18 grams	Protein:	13 grams
Saturated Fat:	6 grams	Vitamin A:	208 RE
% Calories From Fat:	67%	Vitamin C:	21 milligrams
Iron:	1 milligram	Calcium:	151 milligrams

(All values were rounded to the nearest whole number)





(8) Grilled Cheese Sandwich

Yield: 4 (1 sandwich per serving)

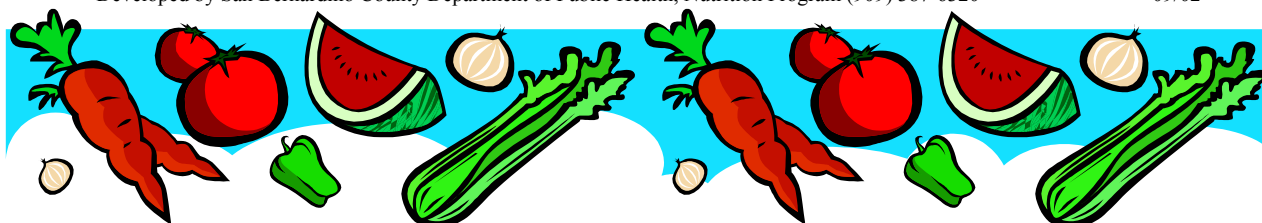
Preparation time: 15 minutes

Ingredients	Amount	Directions
Non-stick cooking spray		Lightly spray one side of each slice of bread. Set aside.
Whole wheat bread	8 slices	
Cheddar cheese	8 ounces	Slice cheese into 2 ounce portions. Place the sprayed side of one slice of bread into a frying pan. Add 2 ounces of cheese to the bread in the pan. Place another slice of bread sprayed side up on top of the cheese. Grill sandwich on low to medium heat until both sides of sandwich are golden brown and cheese has melted. Repeat steps above for each sandwich. Serve while hot.

NUTRITION FACTS PER SERVING:

Calories:	367	Carbohydrates:	27 grams
Total Fat:	21 grams	Protein:	20 grams
Saturated Fat:	12 grams	Vitamin A:	158 RE
% Calories From Fat:	51%	Vitamin C:	0 milligrams
Iron:	2 milligrams	Calcium:	449 milligrams

(All values were rounded to the nearest whole number)





(9) Quick & Easy Meat Loaf

Yield: 4 (3 ounces per serving)

Preparation time: 10 minutes

Microwave cooking time: 18 minutes

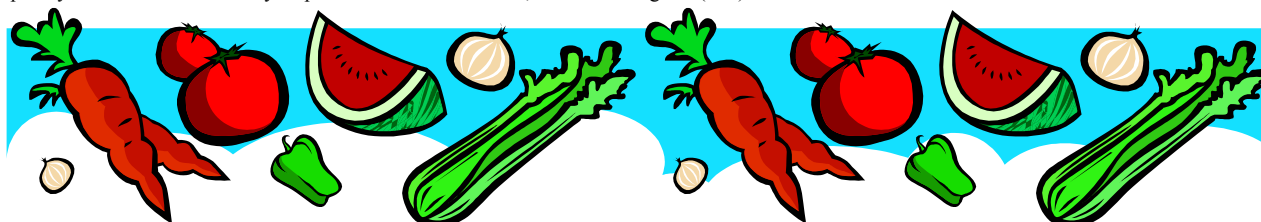
Oven cooking time: 50 minutes

Ingredients	Amount	Directions
Onion, raw, chopped (or onion, dried, chopped)	2/3 cup	Chop onion and carrots and set aside.
Carrots or celery, finely chopped	1/2 cup	Microwave Oven: Combine all ingredients in a large bowl. Mix well. Spray medium size glass baking dish with non-stick cooking spray. Spread meatloaf into baking dish. Make a hole in the center of the meat.
Ground turkey, lean (8-10% fat)	1 pound	Place a small, empty water glass upside down in the hole. Leave the glass in the hole during cooking.
Egg white	1	Cover. Cook on HIGH for 18 minutes. Rotate ¼ turn every 6 minutes for non-rotating ovens. Let stand 5 minutes before slicing.
1 % Milk	1/4 cup	
Catsup	1/2 cup	
Mustard	1 1/2	
Parsley flakes	tablespoons	
Garlic powder	1 1/2	
Salt	tablespoons	
Black pepper	1/2 teaspoon	
Oats, 1 minute quick-cooking type	1 teaspoon	
Non-stick cooking spray	1/2 teaspoon	Regular Oven: Preheat oven to 375 ° F. Combine all ingredients in a large bowl. Mix well. Spray a metal loaf pan or 9 X 9 inch pan lightly with non-stick cooking spray. Spread meatloaf into pan. Bake uncovered for 50 minutes or until done.
	1 cup	

NUTRITIN FACTS PER SERVING:

Calories:	314	Carbohydrates:	28 grams
Total Fat:	12 grams	Protein:	25 grams
Saturated Fat:	3 grams	Vitamin A:	444 RE
% Calories From Fat:	34%	Vitamin C:	10 milligrams
Iron:	3 milligrams	Calcium:	65 milligrams

(All values were rounded to the nearest whole number)





(10) French Toast

Yield: 4 (2 slices per serving)

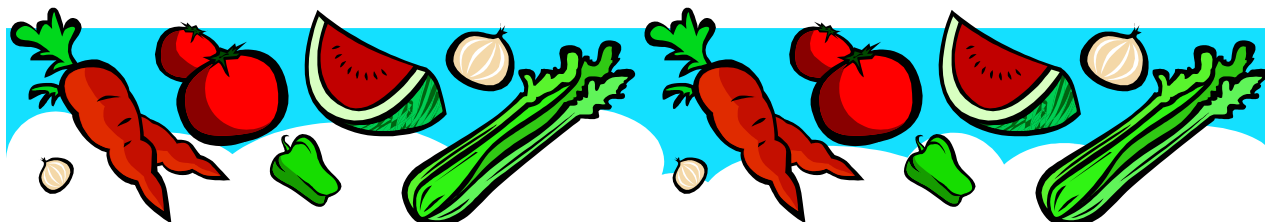
Preparation time: 20 minutes

Ingredients	Amount	Directions
Eggs	3	In a medium size bowl, add eggs, milk, and (cinnamon if desired).
1% Milk	1/2 cup	Beat well.
Cinnamon (optional)	1/4 teaspoon	
Non-stick cooking spray		Spray a non-stick frying pan with cooking spray. Pre-heat skillet before adding the dipped bread.
Whole wheat bread	8 slices	Dip each slice of bread into egg mixture and place in skillet. Cook bread on both sides in skillet about 2 minutes or until both sides are golden brown. Remove bread from skillet. Place two slices on each plate.
Syrup	1/2 cup	Pour syrup over French Toast and serve.

NUTRITION FACTS PER SERVING:

Calories:	315	Carbohydrates:	58 grams
Total Fat:	6 grams	Protein:	11 grams
Saturated Fat:	2 grams	Vitamin A:	81 RE
% Calories From Fat:	17%	Vitamin C	0 milligrams
Iron:	2 milligrams	Calcium:	94 milligrams

(All values were rounded to the nearest whole number)





(11) Vegetable Barley Soup

Yield: 4 (1 cup per serving)

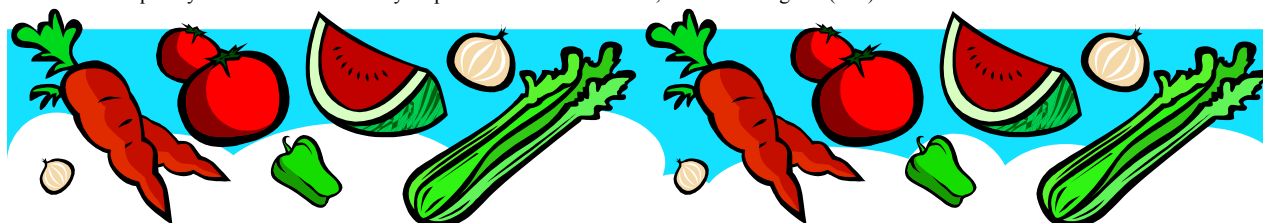
Preparation time: 45 minutes

Ingredients	Amount	Directions
Potato, raw, diced	1 medium	Peel and dice the potato and carrot. Set aside. Chop celery and onion. Set aside.
Carrots, raw, chopped	2 medium	
Celery, raw, chopped	2 stalks	
Onion, raw, chopped (or onions, dried, chopped)	1/2 cup (or 1 tablespoon dried onions)	
Barley	1/4 cup	
Salt	1 teaspoon	Place potatoes, carrots, celery, onions, barley, salt, pepper, garlic powder and water in a large pot. Stir and bring to a boil. Reduce heat to low and simmer with lid on for 30 minutes or until vegetables and barley are tender. Serve hot.
Black pepper	1/4 teaspoon	
Garlic powder	1/4 teaspoon	
Water	4 cups	

NUTRITION FACTS PER SERVING:

Calories:	87	Carbohydrates:	20 grams
Total Fat:	0 grams	Protein:	2 grams
Saturated Fat:	0 grams	Vitamin A:	509 RE
% Calories From Fat:	3%	Vitamin C:	10 milligrams
Iron:	1 milligram	Calcium:	28 milligrams

(All values were rounded to the nearest whole number)





(12) Coleslaw

Yield: 4 (1/2 cup per serving)

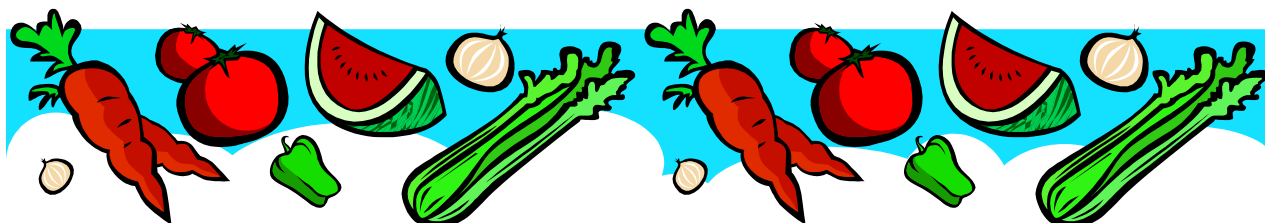
Preparation time: 15 minutes

Ingredients	Amount	Directions
Green cabbage, raw, shredded	1 1/2 cups	Shred cabbage and carrots and place in a mixing bowl.
Carrots, raw, shredded	1/2 cup	
Non-fat mayonnaise	1/3 cup	Add mayonnaise, vinegar, sugar, and black pepper to cabbage and carrots. Mix well and serve.
White distilled vinegar	1 tablespoon	
Sugar	2 tablespoon	
Black pepper	1/8 teaspoon	

NUTRITION FACTS PER SERVING:

Calories:	86	Carbohydrates:	19 grams
Total Fat:	1 grams	Protein:	2 grams
Saturated Fat:	0 grams	Vitamin A:	511 RE
% Calories From Fat:	6%	Vitamin C:	67 milligrams
Iron:	0 milligrams	Calcium:	69 milligrams

(All values were rounded to the nearest whole number)





(13) Meat Tacos

Yield: 8 (2 tacos per serving)

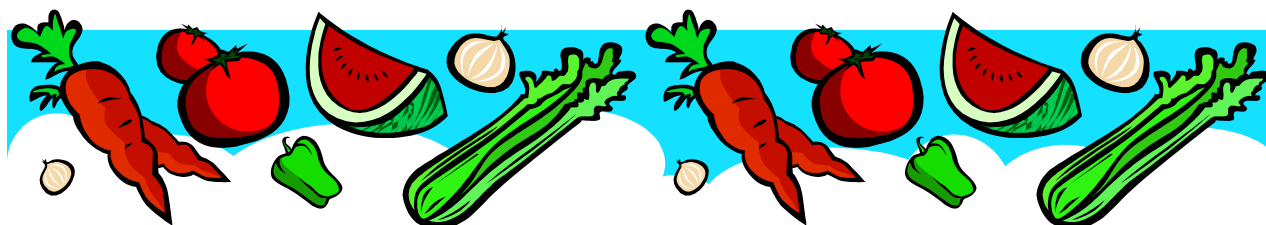
Preparation time: 30 minutes

Ingredients	Amount	Directions
Onions, raw, chopped	1/2 cup	Chop onion and tomato and set aside.
Tomatoes, fresh, chopped	1 cup	
Lettuce	1 cup	Shred lettuce and cheese and set aside.
Cheddar cheese, shredded	1 cup	
Lean ground turkey (or lean ground beef)	1/2 pound	Add turkey, pepper, garlic powder, and 1 teaspoon chopped onion to a small non-stick skillet. Stir frequently and cook until meat is well done. Drain off fat. Wipe pan with a paper towel or cloth.
Black pepper	1/8 teaspoon	
Garlic powder	1/8 teaspoon	
Corn tortillas	8 tortillas	Heat 4 tortillas at a time in microwave for approximately 1 minute or until soft. (Tortillas may also be heated in a dry skillet on the stove for approximately 15 seconds on each side). Remove from microwave or skillet. In each corn tortilla, place 2 tablespoons of turkey, 1 tablespoon of cheese, 2 tablespoons of tomato, 1 tablespoon of onion, and 2 tablespoons of lettuce. Top with 1 tablespoon of salsa. Serve 2 tacos per person.
Salsa	1/2 cup	

NUTRITION FACTS PER SERVING:

Calories:	343	Carbohydrates:	31 grams
Total Fat:	16 grams	Protein:	21 grams
Saturated Fat:	7 grams	Vitamin A:	122 RE
% Calories From Fat:	40%	Vitamin C:	10 milligrams
Iron:	2 milligrams	Calcium:	311 milligrams

(All values were rounded to the nearest whole number)





(14) Spanish Rice

Yield: 4 (¾ cup per serving)

Preparation time: 15 minutes

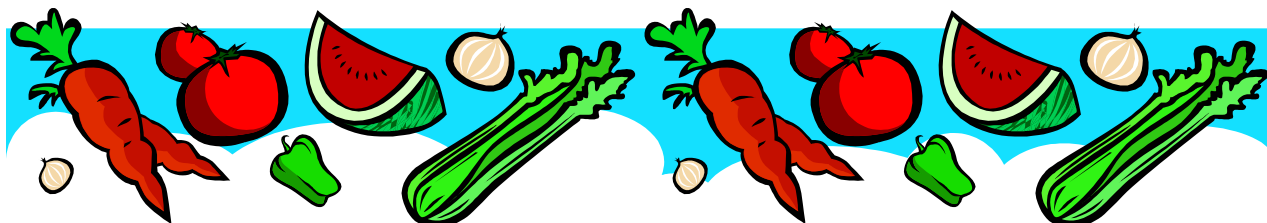
Cooking time: 30 minutes

Ingredients	Amount	Directions
Rice, uncooked	1 cup	In a large pot or skillet, add water and rice.
Water	1 1/2 cups	
Onion, raw, chopped	1 tablespoon	Chop onion and add to pot.
Margarine	1 tablespoon	Add margarine and tomato sauce to pot and stir. Bring to a boil. Reduce heat to low and cover pot. Stir occasionally. Cook for 30 minutes or until rice is tender.
Tomato sauce, canned	8 ounces	

NUTRITION FACTS PER SERVING:

Calories:	87	Carbohydrates:	14 grams
Total Fat:	3 grams	Protein:	2 grams
Saturated Fat:	1 grams	Vitamin A:	58 RE
% Calories From Fat:	31%	Vitamin C:	4 milligrams
Iron:	1 milligram	Calcium:	10 milligrams

(All values were rounded to the nearest whole number)





(15) Homemade Refried Pinto Beans

Yield: 4 (¾ cup per serving)

Preparation time: Pre-soak overnight

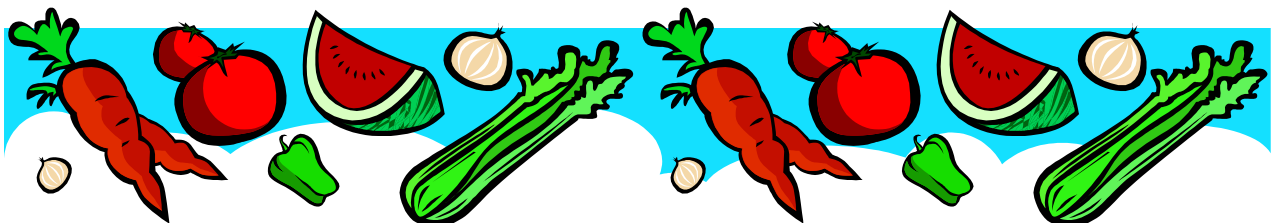
Cooking time: 2 hours

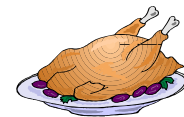
Ingredients	Amount	Directions
Pinto beans, dry	1 pound (2 cups)	DAY 1: Rinse beans and remove any pebbles. Place beans in a large 4 quart pot. Add enough water to completely cover the beans. Cover pot and soak beans over night. DAY 2: Drain water, rinse beans and set aside. Add 10 cups of fresh water into the pot and bring to a boil. Reduce heat to medium and add the beans. Wash, peel and chop onion, and garlic and add to the beans. Cook for 1 hour and 45 minutes on low heat with the lid on, but slightly tilted to allow the steam to escape. <i>If water level gets too low, add 1 cup of boiling water at a time to the pot to make sure the beans are covered.</i> Stir beans occasionally.
Onion, raw, chopped	1/2 small	
Garlic, fresh, chopped	3 cloves	
Salt	1 teaspoon	Add salt, chili, and pepper. Reduce heat to low and cook for 15 more minutes with the lid on completely. Remove pot from heat (<i>Remove 1 cup of cooked beans and set aside in the refrigerator to be used in the Bean and Potato Burrito recipe for Sunday dinner</i>). Mash remaining pinto beans and serve.
Chili powder	1/4 teaspoon	
Black pepper	1/4 teaspoon	

NUTRITION FACTS PER SERVING:

Calories:	309	Carbohydrates:	56 grams
Total Fat	1 gram	Protein:	20 grams
Saturated Fat:	1 grams	Vitamin A:	5 RE
% Calories From Fat:	3%	Vitamin C:	2 milligrams
Iron:	6 milligrams	Calcium:	128 milligrams

(All values were rounded to the nearest whole number)





(16) Garlic Chicken & Vegetables

Yield: 4 (¾ cup per serving for chicken and vegetables)

Serve with ¾ cup rice.

Preparation time: 30 minutes

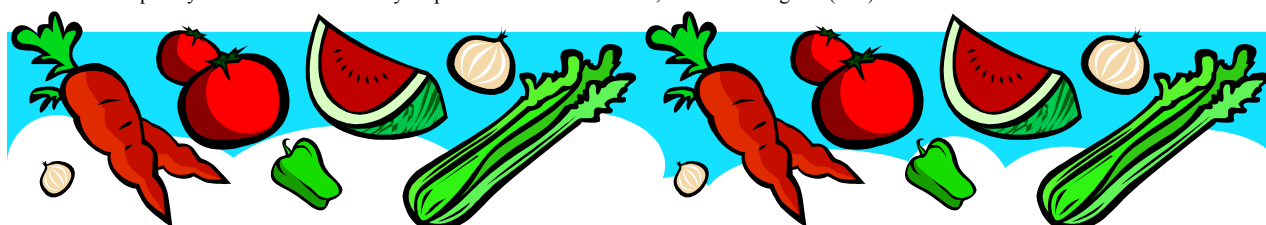
Cooking time: 30 minutes

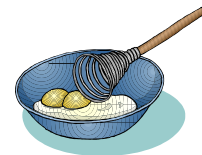
Ingredients	Amount	Directions
Onion, raw, chopped	1/2 cup	Chop onion, broccoli, and carrots. Set aside.
Broccoli, raw, chopped	1 bunch	
Carrots, raw, chopped	2-3 medium	
Garlic Sauce:		
Chicken broth	2 cups	Make broth from chicken bouillon cubes according to package directions. Chop garlic and add to broth.
Garlic, fresh, chopped	1-2 cloves	
Cornstarch	1 teaspoon	Combine remaining ingredients for garlic sauce in a small bowl and mix until smooth. Add sauce to broth. Mix well.
Canola oil	1 teaspoon	
Soy sauce	1 tablespoon	Set aside.
Orange juice (optional)	1/4 cup	
Chicken	1 pound boneless (or 2 pounds with bone)	Remove skin and bone from chicken. Cut chicken into small pieces. Mix chicken and flour in a bowl or shake in a plastic zip-lock type bag. Spray a large non-stick frying pan with cooking spray. Add chicken and cook until lightly browned. Add vegetables to pan and cook for 3 minutes. Add garlic sauce to chicken and vegetables. Stir and cook for 5 minutes until sauce thickens and vegetables are soft.
Flour	1/3 cup	
Cooking spray		
Cooked rice	4 cups	(To cook rice, follow package directions). Serve chicken and vegetables over hot cooked rice.

NUTRITION FACTS PER SERVING:

Calories:	42	Carbohydrates:	61 grams
Total Fat:	12 grams	Protein:	30 grams
Saturated Fat:	3 grams	Vitamin A:	1068 RE
% Calories From Fat:	23%	Vitamin C:	41 milligrams
Iron:	4 milligrams	Calcium:	66 milligrams

(All values were rounded to the nearest whole number)





(17) Scrambled Eggs

Yield: 4 Servings

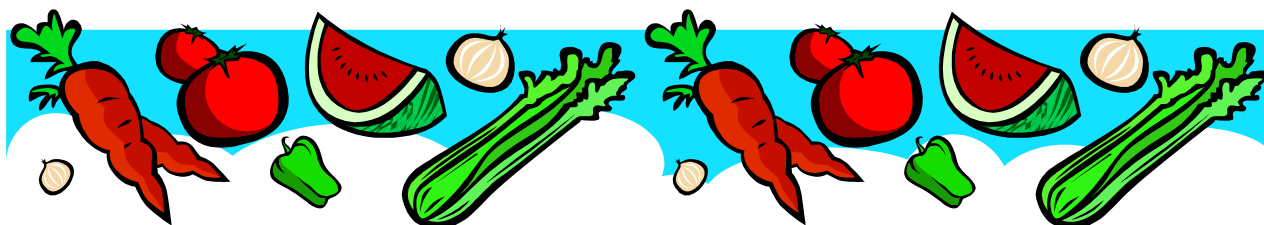
Preparation time: 10 minutes

Ingredients	Amount	Directions
Eggs	4 each	Beat eggs, milk, salt and pepper in a 1 quart casserole dish. Cover tightly and microwave on high 3-4 minutes stirring every minute until eggs are cooked and fluffy, but still moist. Stir before serving. (Note: Wash utensil after stirring eggs each time.)
1% Milk	1/4 cup	
Salt	1/8 teaspoon	
Black pepper	1/8 teaspoon	

NUTRITION FACTS PER SERVING:

Calories:	72	Carbohydrates:	1 gram
Total Fat:	5 grams	Protein:	6 grams
Saturated Fat:	2 grams	Vitamin A:	93 RE
% Calories From Fat:	58%	Vitamin C:	0 milligrams
Iron:	1 milligrams	Calcium:	41 milligrams

(All values were rounded to the nearest whole number)





(18) MacCheese Fiesta

Yield: 4 (1 cup per serving)

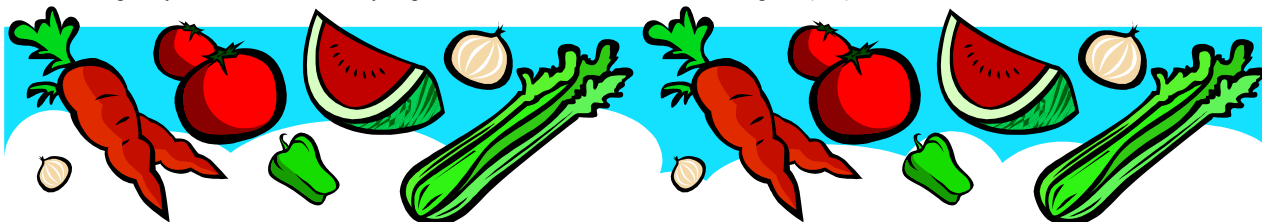
Preparation time: 35 minutes

Ingredients	Amount	Directions
Macaroni & cheese	2 boxes	Cook macaroni according to package directions. Drain cooked macaroni, but do not rinse. Return macaroni to pot while still hot and add cheese packets. Mix well. (Do not add margarine and milk as directed on the box)
Mexican style stewed tomatoes, canned	8 ounce can	Add stewed tomatoes, milk, pepper, and chili powder to the cooked macaroni and cheese. Mix well and serve.
1% Milk	1/2 cup	
Black pepper	1/4 teaspoon	
Chili powder	1/4 teaspoon	

NUTRITION FACTS PER SERVING:

Calories:	468	Carbohydrates:	59 grams
Total Fat:	20 grams	Protein:	13 grams
Saturated Fat:	5 grams	Vitamin A:	202 RE
% Calories From Fat:	38%	Vitamin C:	6 milligrams
Iron:	4 milligrams	Calcium:	135 milligrams

(All values were rounded to the nearest whole number)





(19) Broccoli

Yield: 4 (about 1/2 cup per serving)

Preparation time: 15-20 minutes

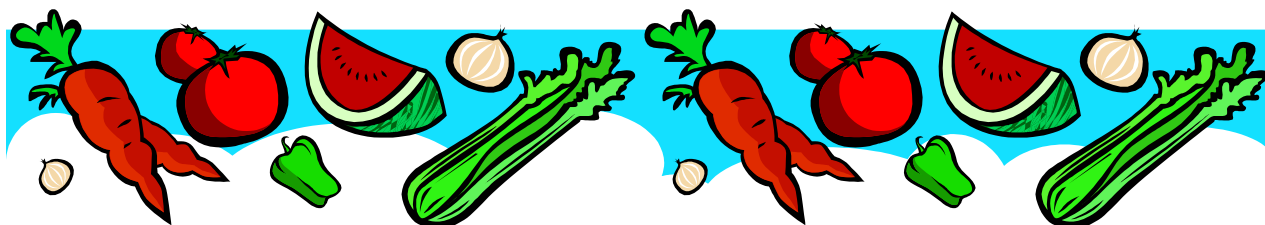
Ingredients	Amount	Directions
Broccoli	1 bunch (3 cups)	Trim off large leaves and remove tough ends of lower stems. Wash broccoli. Peel stems if desired. Place broccoli in a 2-quart casserole dish. Add 1 cup water. Cover tightly and microwave on high for 4 minutes. Stir and cook for 3 more minutes or until almost tender. Let stand covered 5 minutes, drain, and serve.

NUTRITION FACTS PER SERVING:

Calories:	18	Carbohydrates:	3 grams
Total Fat:	0 grams	Protein:	2 grams
Saturated Fat:	0 grams	Vitamin A:	26 RE
% Calories From Fat:	9%	Vitamin C:	62 milligrams
Iron:	1 milligrams	Calcium:	32 milligrams

(All values were rounded to the nearest whole number)

Source: *Betty Crocker's Microwave Cookbook, 1990.*





(20) Spaghetti with Meat Sauce

Yield: 4 (1 cup per serving)

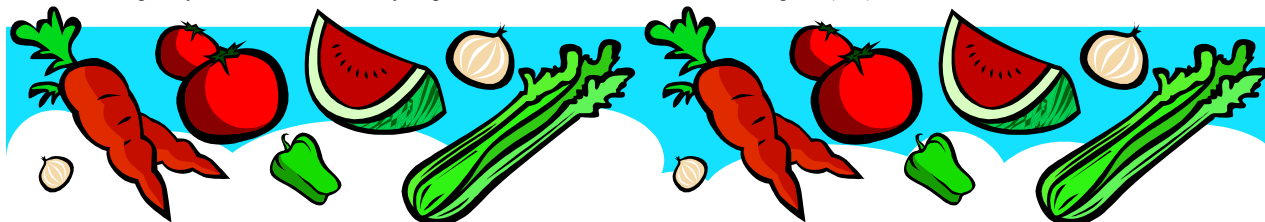
Preparation time: 20 minutes

Ingredients	Amount	Directions
Spaghetti noodles	12 ounce package	Bring water to boil in a large pot. Add noodles and cook according to package directions or until noodles are tender. Drain noodles. <i>(While noodles are cooking, prepare the meat sauce.)</i>
Ground turkey, lean (8-10% fat)	1 pound	Cook ground turkey, onions, pepper and garlic powder in a large skillet on medium heat until turkey is completely cooked. Stir frequently. Drain fat.
Onion, raw, chopped	1/4 cup	
Black pepper	1/4 teaspoon	
Garlic powder	1/4 teaspoon	
Spaghetti sauce, canned	26.5 ounces (1 can)	Add spaghetti sauce to meat. Cover skillet and cook on low heat for about 10 minutes or until sauce is hot. Stir frequently so sauce and meat do not burn. Serve sauce over spaghetti noodles.

NUTRITON FACTS PER SERVING:

Calories:	697	Carbohydrates:	87 grams
Total Fat:	20 grams	Protein:	42 grams
Saturated Fat:	4 grams	Vitamin A:	233 RE
% Calories From Fat:	26%	Vitamin C:	22 milligrams
Iron:	6 milligrams	Calcium:	103 milligrams

(All values were rounded to the nearest whole number)





(21) Italian Zucchini

Yield: 4 (1/2 cup per serving)

Preparation time: 6 to 8 minutes

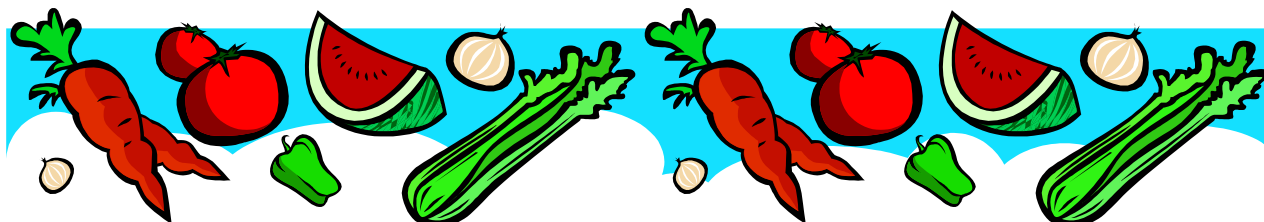
Ingredients	Amount	Directions
Zucchini	1 pound (3 small zucchini)	Wash zucchini and remove stems. Slice into round pieces. Place zucchini in 1-1/2 quart casserole dish.
Italian dressing	2 tablespoons	Sprinkle zucchini with Italian dressing and basil.
Ground basil	1/8 teaspoon	Cover tightly and microwave on high 3-4 minutes or until crisp-tender. Serve.

NUTRITION FACTS PER SERVING:

Calories:	51	Carbohydrates:	5 grams
Total Fat:	3 grams	Protein:	2 grams
Saturated Fat:	1 grams	Vitamin A:	50 RE
% Calories From Fat:	52%	Vitamin C:	13 milligrams
Iron:	1 milligram	Calcium:	23 milligrams

(All values were rounded to the nearest whole number)

Source: *Betty Crocker's Microwave Cookbook 1990.*





(22) Whole Wheat Garlic Bread

Yield: 4 (1 slice per serving)

Preparation time: 5 minutes

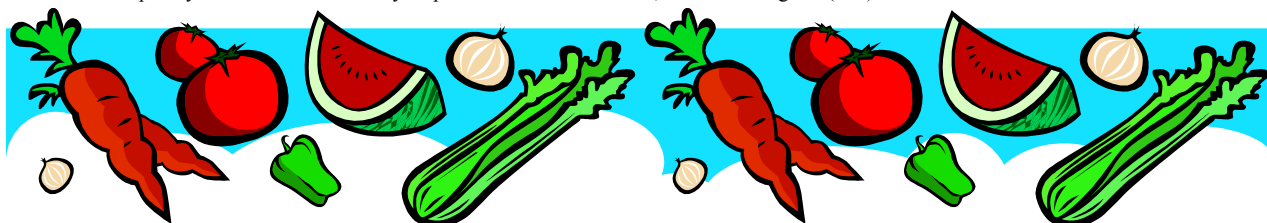
Baking time: 5 minutes at 250 ° F

Ingredients	Amount	Directions
Whole wheat bread	4 slices	Preheat oven to 250° F. Spread ½ tablespoon of margarine evenly on each slice of whole wheat bread.
Margarine	2 tablespoons	
Garlic powder	1 teaspoon	Sprinkle ¼ teaspoon of garlic powder evenly on top of each slice of bread. Place bread on cookie sheet. Bake at 250 ° F until butter has melted and bread is toasted. *Watch carefully so bread does not burn.

NUTRITON FACTS PER SERVING:

Calories:	122	Carbohydrates:	13 grams
Total Fat:	7 grams	Protein:	3 grams
Saturated Fat:	1 gram	Vitamin A:	57 RE
% Calories From Fat:	49%	Vitamin C:	0 milligrams
Iron:	1 milligram	Calcium:	23 milligrams

(All values were rounded to the nearest whole number)





(23) Carrot Raisin Salad

Yield: 4 (½ cup per serving)

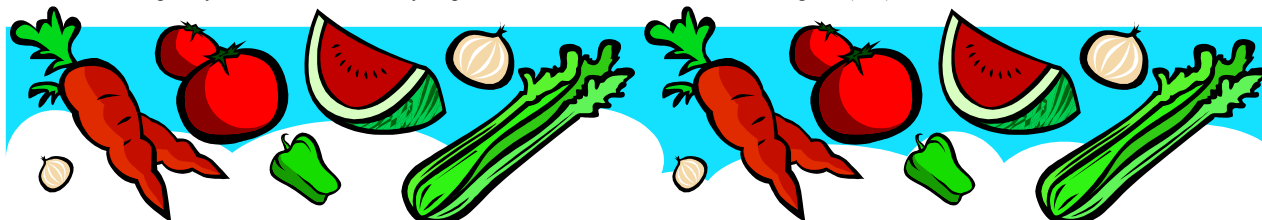
Preparation time: 15 minutes

Ingredients	Amount	Directions
Carrots, raw, grated	1 1/2 cup	Wash, peel and cut ends off of carrots. Grate carrots and place in a medium size bowl.
Seedless raisins	1/2 cup	Add raisins and mayonnaise and mix well. Serve.
Non-fat mayonnaise	1/2 cup	

NUTRITION FACTS PER SERVING:

Calories:	102	Carbohydrates:	24 grams
Total Fat:	1 gram	Protein:	1 gram
Saturated Fat:	0 grams	Vitamin A:	1167 RE
% Calories From Fat:	8%	Vitamin C:	5 milligrams
Iron:	1 milligram	Calcium:	23 milligrams

(All values were rounded to the nearest whole number)





(24) Bean and Potato Burrito

Yield: 8 (2 burritos per serving)

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients	Amount	Directions
Potatoes, raw, diced	2 medium	Wash and chop potatoes into small pieces. Peel and chop onions. Wash and remove stem and seeds, and chop green chili. Peel and finely chop garlic. Set aside for later use
Onions, raw, chopped	1/2 cup	
Green chili, raw, chopped	1 whole chili	
Garlic, fresh, chopped	2 cloves	
Margarine	2 tablespoons	Add margarine and potatoes to a large skillet. Cook on medium heat for 5 minutes. Stir frequently. Add chopped onion to skillet and cook for 5 more minutes.
Chili powder	1 1/2 tablespoons	Add chili powder, chopped green chili, and garlic to the skillet and cook for 3 more minutes.
Corn, canned	8 ounces (1 can)	Drain corn. Add corn and beans to skillet and gently stir. (If using canned pinto beans, drain before adding to skillet). Cover skillet and cook for 20 minutes on low heat. Remove from heat.
* Pinto beans, cooked (or pinto beans, canned)	1 cup cooked (or canned)	
Tortillas, flour	8 tortillas	Warm tortilla's in a dry skillet on medium heat. Warm each side 15-20 seconds.
Cheddar cheese, shredded Salsa (optional)	1 cup	Shred and place 1 tablespoon of cheese in the center of each tortilla. Add 1/2 cup of the bean and potato filling to each tortilla and fold all sides of the tortilla. Add salsa if desired and serve.

* Use the 1 cup of beans reserved from the refried bean recipe.

Note: If you do not have the 1 cup of cooked beans on hand from the refried bean recipe, you can substitute 1 cup canned pinto beans or see recipe #15 for cooking pinto beans from scratch.

NUTRITION FACTS PER SERVING:

Calories	633	Carbohydrates:	88 grams
Total Fat:	23 grams	Protein:	23 grams
Saturated Fat:	9 grams	Vitamin A:	251 RE
% Calories From Fat:	31%	Vitamin C:	49 milligrams
Iron:	5 milligrams	Calcium:	445 milligrams

(All values were rounded to the nearest whole number)

